



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Free Nicotine Replacement Products Offered to North Dakota Tobacco Quitline Callers on February 1

BISMARCK, N.D. – To kick off American Heart Month, which is celebrated each year in February, North Dakota tobacco users are urged to take steps to improve their heart health by making a call to the North Dakota Tobacco Quitline at 866.388.7848. To encourage tobacco users to make a commitment to quit, the Quitline will offer free nicotine replacement products, including nicotine patches or nicotine gum, to callers who enroll in counseling on Thursday, February 1.

“Tobacco use has deadly effects on the heart. We know that each year more than 135,000 people in the United States die due to cardiovascular disease from smoking. Cigarette smokers are two- to three-times more likely to die from coronary heart disease than nonsmokers,” said Michelle Walker, North Dakota Tobacco Quitline coordinator for the North Dakota Department of Health. “The North Dakota Tobacco Quitline will help tobacco users reduce their risks of dying from heart disease by helping them quit tobacco.”

Callers to the Quitline will visit with a cessation counselor and, after evaluation, will be offered an initial supply of either the nicotine patch or nicotine gum.

“Our offer of free nicotine patches and gum is a great help to those who want to quit,” Walker said. “We know that the use of the patch or gum, in combination with counseling, doubles the percentage of tobacco users who can quit successfully. Counseling through the Quitline is always free, and we’re excited that on February 1 the Quitline is also able to offer nicotine replacement products free of charge.”

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Visit the health department home page at www.ndhealth.gov.

For more information about quitting tobacco and to receive the free nicotine replacement products, call the Quitline toll-free at 866.388.7848. Free products are available only to callers who enroll in counseling on February 1 and while supplies last.

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